Instructions. For each of the following statements, please indicate how often the statement applies to you, by marking either “0,” “1,” “2,” or “3” in the space in front.

Mark “0” if the statement never applies to you.
Mark “1” if the statement occasionally or seldom applies to you.
Mark “2” if the statement applies to you fairly often.
Mark “3” if the statement applies to you very often or nearly always.

_____ 1. I try to pass along the knowledge I have gained through my experiences.
_____ 2. I do not feel that other people need me.
_____ 3. I think I would like the work of a teacher.
_____ 4. I feel as though I have made a difference to many people.
_____ 5. I do not volunteer to work for charity.
_____ 6. I have made and created things that have had an impact on other people.
_____ 7. I try to be creative in most things that I do.
_____ 8. I think I will be remembered for a long time after I die.
_____ 9. I believe that society cannot be responsible for providing food and shelter for all homeless people.
_____ 10. Others would say that I have made unique contributions to society.
_____ 11. If I were unable to have children of my own, I would like to adopt children.
_____ 12. I have important skills that I try to teach others.
_____ 13. I feel that I have done nothing that will survive after I die.
_____ 14. In general, my actions do not have a positive effect on other people.
_____ 15. I feel as though I have done nothing of worth to contribute to others.
_____ 16. I have made many commitments to many different kinds of people, groups, and activities in my life.
_____ 17. Other people say that I am a very productive person.
_____ 18. I have a responsibility to improve the neighborhood in which I live.
_____ 19. People come to me for advice.
_____ 20. I feel as though my contributions will exist after I die.